



We all know that fruits and vegetables add important nutrition to our diets. But how much should we eat? And how can we make this nutrition stuff easier, tastier and more enjoyable?

In simple, user-friendly ways, the Fruits & Veggies—More Matters health initiative offers information on:

- Why to eat more fruits and veggies including information on key nutrients in fruits and veggies and all the forms that these important foods come in
- Meal planning, selection advice, and time saving tips
- Expert advice and selection and storage of foods, recipes and cooking tips
- Getting kids involved with in shopping and cooking with coloring pages, supermarket games and kid-friendly recipes
- A mother's forum to discuss share nutrition wisdom, and snack strategies
- A huge variety of nutrition resources

Check it out on:

<http://www.fruitsandveggiesmorematters.org/>